



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

**Hackenberg, Bernd**

Club: Sportclub Sparkasse Hochfranken e.V.

Number: 412

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 58:56

Speed: 10.18 km/h

Running performance: 5:53 min/km

Rank in course/Total: 85 (of 188)

Rank in course/Men: 67 (of 110)

Best time in course: 42:05

Rank in category: 6(of 11)

Best time in the category: 46:39